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NHSN Tracking, Support and Upcoming Changes -- on July 8: Register for Informational Webinar

CDC provided an email to NHSN users last week announcing future changes to the long-term care facility modules. Changes will be made on the evening of July 8 and accompanying resources, such as Tables of Instructions and other resource documents, will also be updated. CDC will be hosting a webinar on **July 8** and **July 12**, both at 1:00pm ET, to detail these changes. Register in advance for this webinar [here](#). An overview of planned changes are as follows:

- POC testing tool: adding several new tests to test type; adding pop-up alerts for duplicate entries; adding a confirmation message for deleting entries;
- Resident Impact and Facility Capacity Pathway: enhanced layout including modified options for indicating vaccination status of individuals testing positive;
- Ventilator Capacity Pathway: this pathway will be removed;
- Therapeutics Pathway: therapeutics options will be modified to reflect changes to available therapeutics; and
- COVID-19 Vaccination Reporting modules: adding a data quality pop-up alert; modification to update CCN field when providers update the CCN.



ARE YOU SEEING AN INCREASE IN PRESSURE ULCER DEVELOPMENT?

Join the Health Quality Innovation Network (HQIN) for a sprint series to learn how to apply quality improvement principles to your pressure injury (PI) program. This Sprint is a seven-part webinar series where each session builds upon the next.

Subject matter experts and quality improvement advisors will offer guidance, resources, and tools to help you identify and develop action plans to address gaps, reduce root causes of pressure injuries, and drive improvement. A panel of nurses, certified wound ostomy nurse and quality improvement professionals will be available to answer your questions. These sessions will support survey readiness and help you be responsive to identified opportunities and survey deficiencies.

Who Should Attend: Administrators, DONs, Wound/Ostomy Nurses, Treatment Nurses, MDS Nurses, Unit Managers/Charge Nurses, Interdisciplinary Team, Staff Development. *Note: All sessions will be held at 2 p.m. ET*

- **Session 1 (June 8):** Pre-admission/Admission PI Assessment & Prevention Processes- **Access the slides and recording [HERE](#)**
- **Session 2 (June 22):** Staging Wounds & Identifying Tissue Types- **Access the slides and recording [HERE](#)**
- **Session 3 (July 6):** Appropriate Treatment Strategies
- **Session 4 (July 20):** Accurate PI MDS Coding
- **Session 5 (August 3):** The CNA Role: Identifying and Reporting
- **Session 6 (August 17):** Care Planning: Resident/Family Engagement/Education
- **Session 7 (August 31):** Ongoing Practices and Monitoring: Best Practices from High Performing Nursing Homes



[Register for Sessions Here!](#)

NHSN Tracking and Support

To help keep your reporting weeks organized at-a-glance, the Health Quality Innovation Network (HQIN) developed a printable [NHSN Weekly COVID-19 Vaccination Data Reporting](#) sheet outlining the NHSN submission deadlines for 2021. HQIN provided NHSN reporting assistance to many facilities across the state. If you would like to receive no-cost assistance, we encourage you to join the HQIN Nursing Home NHSN Reporting Group. This will enable HQIN to view your data for problem-solving and quality improvement purposes. Download [How to Join the HQIN Nursing Home Reporting NHSN Group](#) for easy instructions on how to join.



Survey Focus – F761 – Label/Store Drugs and Biologicals

This deficiency is in the top 10 of the most frequently cited tags nationally and in Virginia. KEY ELEMENTS OF NONCOMPLIANCE -- To cite deficient practice at F761, the

surveyor's investigation will generally show that the facility failed to:

- Ensure that all drugs and biologicals used in the facility are labeled in accordance with professional standards, including expiration dates and with appropriate accessory and cautionary instructions; or
- Store all drugs and biologicals in locked compartments, including the storage of schedule II-V medications in separately locked, permanently affixed compartments, permitting only authorized personnel to have access except when the facility uses single unit medication distribution systems in which the quantity stored is minimal and a missing dose can be readily detected, or
- Store medications at proper temperatures and other appropriate environmental controls to preserve their integrity



Beware of Risk for Sunburn in your Residents

Engaging in outdoor activities during the summer season is just one of the many ways older adults can boost their health. The warm weather provides an opportunity for residents to go outside and enjoy nature. Being around nature can boost mood, alleviate depression, and provide the chance to take up healthy hobbies like gardening. It's also a great way to spend more time with friends and family members. Sunburns are just one of the many issues older adults are susceptible to.

Before you head outside with your resident, it's important to reduce his or her risk for sunburn as much as possible. Here are a few tips on preventing sunburns in the elderly.

- **Head for the Shade** -- When your resident is outdoors, make sure he or she spends as much time in the shade as possible. Take advantage of tall trees and buildings.
- **Apply Sunscreen Properly** -- Sunscreen can prevent sunburns, but it needs to be applied correctly. Choose a broad-spectrum product that protects the skin from the sun's three types of UV rays: UVA, UVB, and UVC. Make sure the SPF is 15 or higher, and always check the expiration date on the bottle. If it's over three years old, toss it and buy a new product. About half an hour before your resident goes outside, apply the sunscreen in generous amounts, and reapply it every couple of hours while spending time in the sun.
- **Dress Appropriately** -- The clothing your resident wears can play a big role in the prevention of sunburn. Start with a hat with a bill or a wide brim to keep the sun away from the face. Sunglasses can also protect the eyes from sunlight. Look for loose, long-sleeved shirts and pants that are lightweight, light in color, and made from fabrics that keep the body cool, like cotton.
- **Plan Activities Carefully** -- Your residents shouldn't miss out on fun activities just because of the sun, so you may need to make some extra effort to plan accordingly. For example, consider scheduling activity after 4pm when the sun isn't too bright. Use the earlier hours to have lunch, see a movie, or go shopping in a mall. If your resident wants to work in the garden, he or she should do so early in the morning or later in the evening. The sun is at its peak between 10am and 4pm, which can increase the risk of sunburn.
- **Check on Medications** -- Many prescriptions and over-the-counter drugs can increase a person's susceptibility to sunburn. These medications include ibuprofen, some cholesterol medications, antidepressants, and certain antibiotics. Check with the nurse to find out if any of your resident's medications fall into these categories, and if they do, be extra careful with sun exposure.



Accepting Your Limitations

Numerous leaders have discovered that accepting and owning their limitations and missteps hasn't prompted the experience of weakness and humiliation they feared. To the contrary, it left them feeling less defensive, more authentic, and more easily able to connect with their colleagues.

Four steps have proved to be key in this journey:

1. Begin to notice what you're feeling in your body under stress. Any time you feel "less than" or "better than," for example, it's a sign that you are feeling threatened, and your defender has moved into fight or flight. Strong negative emotions such as fear, frustration, impatience, and anger are another sign that your defender is activated.
2. When you sense in your body that you're triggered, slow down to self-regulate. Take a deep breath. Name your emotions out loud, which helps you move from being at their mercy to observing them with more objectivity.
3. Rather than judging or criticizing yourself, acknowledge and embrace your negative emotions and shortcomings. Yes, they're part of who you are, but they're not all of who you are. The more you can accept yourselves, the less you have to defend. As you self-regulate, you'll be able to think more reflectively, compassionately, and wisely about how to address whatever challenge you happen to be facing.
4. Get more comfortable with your discomfort. Discomfort is a prerequisite to growth and change, but we are taught to equate it with danger. The inevitable discomfort that comes from questioning our assumptions, facing our fears, and taking responsibility for our missteps.

It's only when we can accept all of who we are that we feel truly empowered, and able to empower others.

